

Quiz Questions: **Risk Factors for Suicide: What therapists should know when treating teens and adults**

1. Why is alcohol such a large risk factor when someone has suicidal thinking?
 - a. Alcohol is a depressant that increases the likelihood of a depressive episode
 - b. Alcohol is not a risk factor for suicidal behavior
 - c. It inhibits the ability to stop the factors that lead from suicidal thoughts to behaviors
 - d. It increases a client's anxiety sensitivity

2. Why is anorexia nervosa a risk factor for suicidal behavior?
 - a. Body perfection issues are constantly triggered in many different environments
 - b. It is a global diagnosis that negatively affects many areas of life
 - c. Malnutrition can lead to the inability to stop suicidal thoughts
 - d. Underweight bodies are less resilient to overdoses of medications

3. Self-injury is an act of suicidal behavior
 - a. True
 - b. False

4. The overall largest risk factor when a client has suicidal behavior is:
 - a. Alcohol
 - b. Borderline personality disorder with high alcohol consumption
 - c. Anxiety sensitivity
 - d. Owning or possessing a firearm

5. What is anxiety sensitivity?
 - a. How early a person senses anxiety
 - b. How much a person senses anxiety
 - c. The fear of behaviors or sensations associated with the experience of anxiety
 - d. The fear that anxiety will not end

6. Native Americans and Alaskans are at a higher risk of suicide compared to other populations due to:
 - a. Low ability to move in and out of the community with support
 - b. High rates of alcohol use
 - c. Poverty
 - d. All of the above

7. Having more protective factors than risk factors is adequate suicide prevention:
 - a. False
 - b. True

8. Women who have more children tend to have more protective factors:
 - a. True
 - b. False

9. Being in a stable relationship is a stronger protective factor for men than women
 - a. True
 - b. False

10. According to the IMV model, the shift from a client's diathesis to entrapment comes from
 - a. Feeling of humiliation or defeat
 - b. Overwhelming risk factors
 - c. Sudden loss of social support
 - d. Sudden loss of financial support